

TIPS FOR SURVIVORS OF HURRICANES OR OTHER WEATHER RELATED EVENTS



Things To Remember About Your Reaction to Traumatic Events

- ❖ It is normal to feel anxious about you and your family's safety.
- ❖ Profound sadness, grief, and anger are normal reactions to abnormal events.
- ❖ We each have different needs and different ways of coping.
- ❖ It is common to strike back sometimes toward those who are trying to help us. However, no good is accomplished by hateful language and actions.

Children's typical reactions:

- ❖ Fears of a future disaster
- ❖ Loss of interest in school
- ❖ Sleep disturbance and night terrors
- ❖ Fears of events associated with the disaster
- ❖ Reactions differ with age (You can call 1-800-789-2647 for assistance in understanding your child's reaction)

Signs That Adults May Need Stress Management Assistance:

- ❖ Crying Easily
 - ❖ Difficulty sleeping
 - ❖ Easily Frustrated
 - ❖ Poor Work Performance
 - ❖ Difficulty Concentrating
 - ❖ Feelings of hopelessness
 - ❖ Overwhelming guilt and self-doubt
- (If you are feeling hopeless and having thoughts of suicide contact the Hot Line immediately 301-662-2255)

Ways To Ease the Stress:

- ❖ Talk to someone about your feelings – anger, sorrow and other emotions – This may be difficult.
- ❖ Don't hold yourself responsible for the disastrous event or be frustrated that you cannot help directly in rescue work.
- ❖ Spend time with family and friends.
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- ❖ Use existing support groups of family, friends and place of worship.
- ❖ Take steps to promote your own physical and emotional health by maintaining or adjusting your routine to include healthy eating, rest, exercise, relaxation and meditation.

(Developed from information in: "Caring People Are Ready to Assist You, SAMHSA)